BENGALURU, FRIDAY, OCTOBER 21, 2022 www.Bangaloremirror.com 16 Pages PRICE ₹3

# Bangalore Mirror

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*T&C APPLY

VALET PARKING

# My property, says landlord as wall gobbles up road

## Citizens up in arms as building activity occupies over 13 feet of road at layout in Haralur

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Residents of Reliable Lakedew Residency Layout near Haralur Lake were in shock when they came across the construction of a compound wall encroaching half of the road by a landlord and his family members on October 17 claiming that the land belongs to him.

Lakedew Residency Layout is Bangalore Development Authority (BDA) approved and it has been handed over to the Bruhat Bengaluru Mahanagara Palike. As per the layout plan approved by the BDA, the width of 13th Main Road has to be 30 ft.

"The width of the road will become 10 to 12 ft if the construction of the compound wall is allowed. It will be difficult for school buses to use the road to pick up students from doorsteps," said Subodh Raghuwanshi, a resident.

Around 30 residents came together to try and stop the construction of the compound wall. The residents alleged that the land owner and his family members not only shouted at them but also abused them for asking them to produce documents claiming ownership of the land.

Lakedew Residency Owners Association complained to Bellandur police against Narayana Reddy and his son Umesh. The police registered a non-cognizable complaint on October 18 against Narayana Reddy and his son Umesh. "We want the landlord to produce documents for the land to prove his ownership of it. We will not have any objection if he produces documents to prove his claim on the land. We will not allow him to construct the compound wall till he produces the documents. We have complained to the authorities, including the BBMP, to stop the encroachment of the road," said Lakedew Residency Owners Association president Rupal Ralph.

Residents of Lakedew Residency Layout gathered to stop a landowner from constructing a compound encroaching a road

Demanding the BBMP authorities to ensure the road width as per the plan approved by the BDA, Manikantan, a resident, said the construction of the compound wall would reduce the width of the road to half of its original size. "I want the BBMP engineer to inspect the spot and take suitable measures as per the approved layout plan," said Manikantan.

> **"The width of the road will become 10-12 feet if the construction of the compound wall is allowed. It will be difficult for school buses to use the road to pick up students**
> –Subodh Raghuwanshi, Resident

The residents complain that a stretch of the roadside drain is completely blocked due to the digging of the road to construct the compound wall."Stagnated water in the roadside drain has become a breeding place for mosquitoes. The BBMP engineer must restore the continuity of the roadside drain to avoid stagnation of rainwater," said a resident.

Meanwhile, Narayana Reddy has claimed that the land belongs to his ancestors. "My grandfather gave the land to my father and I got it from my father. I have the documents to prove that the land belongs to me. I tried to reconstruct the compound wall that collapsed due to the ongoing developmental works. A case is pending in the High Court on this land (two guntas). It pertains to a sale agreement I had with a prospective buyer. My petition was rejected in the civil court. So, I filed a petition in the High Court," said Reddy.

However, BBMP assistant executive engineer Markandeya, said, "I have issued a notice to Narayana Reddy to produce the property documents. After receiving the documents, I will measure the land as per the documents and allow him to construct the compound wall on his land,"

# STP shut, untreated sewage flows into lake

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The Dora Kere located in Uttarahalli was once upon a time a haunt for bird-watchers, walkers, nature lovers and more. However over the years, the state of the lake has deteriorated to an extent that people have stopped visiting.

The lake has a walking and jogging pathway, many benches and a space for meditation. But after the pandemic struck, there was no maintenance and the downpour in the past few months have made the situation worse, with sewage flowing into the lake. The sewage treatment plant (STP) near the lake has been dysfunctional.

Regular walkers pointed out that the lake was rich in biodiversity and over 110 species of birds have been spotted in the last seven years. Some of the species like egrets, brahminy kites and cormorants, ibises have been spotted.

Dora Kere was once a haven for many bird species

Raghvendra B Pacchapur from action Aid Association said, "Presently the lake water is in algal bloom stage. Growth of algae in water is due to heavy intake of nutrients in the form of sewage. BBMP should work out a bio-remedial measure to reduce the nutrient load in the water and make it wildlife/fish conducive."

According to him among the several birds seen at the lake were two nearly threatened species - Oriental Darter and Black Headed Ibis. "Now the water quality is a serious concern and the soil has eroded under the culvert so it needs repair. The wetland is filled wih sludge and needs to be cleared."

The residents pointed out that with heavy rains in July and August, and many localities getting flooded, the STP was stopped, after which it was not been made functional. So untreated sewage is flowing into the lake. "We are regular walkers here but now due to the stench, we cannot even visit the lake. The lake water has even become a breeding ground for the mosquitoes. The civic body is not doing anything about it," said a resident of Uttarahalli KS Jayram.

Another resident pointed out that dry waste is also being dumped in to the lake.

# Twins' custody: HC forges peace between Mexican wife, Indian husband

The Karnataka High Court has forged peace between a Mexican woman and her Indian husband over the custody of their twin children. The court has ordered that the twins should stay with their mother for four days and with father for three days.

The bench headed by Justice B. Veerappa and Justice K.S. Hemalekha convinced the couple to nurse their minor children together.

As per the order, the kids will stay with mother from 6 p.m. of Sunday till 1.30 p.m., Friday. They will stay with their father later.

The court had also ordered the husband, Prashanth Banarjee, to provide Rs 10,000 to nurse children and a separate house for the wife during this period. The bench had also taken a joint memo from the couple in this regard. The court in its order mentioned that this is a case of the custody of children.

"These kind of cases will have humane elements and complex issues. The decisions can't be taken just like that and the children should belong to both parents."

The bench stated that this order would prevail until the couple got the orders in the family court on their divorce petition. The court had also restricted the parents from taking their children out of the state.

> **"These kind of cases will have humane elements and complex issues. The decisions can't be taken just like that and the children should belong to both parents** – The court order

Danileigh Lyra N filed a habeas corpus petition before the court pleading to find out her children who have been brought to India without her knowledge. Mexican national Lyra and Indian origin Prashanth Banarjee got married aon March 1, 2018 in Chennai. They shifted to Bengaluru later. On January 1, 2019, Lyra gave birth to twins in Bengaluru.

The couple went to Mexico in May 2022. On July 20, 2022, Banerjee who had taken children out for a walk did not return home. Later, he sent a message to his wife saying he had taken the kids with him to India.

Lyra came to India and tried to lodge a complaint with the Amruthahalli police station. When the police refused to lodge it, she filed a habeas corpus petition seeking directions to find her children. The husband submitted to the court that he had not taken away children without informing wife. He submitted that his wife wanted to settle down in her native country. But, the children aged 3.8 years were admitted to pre nursery in Bengaluru. He said he brought the kids back to Bengaluru for their education. **– IANS**

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## Under-construction road thrown open for traffic in Mahadevapura causing massive bottlenecks

# JAM SESSION

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In Mahadevapura zone, the Bruhat Bengaluru Mahanagara Palike (BBMP) has thrown open a road for public use without fully completing the work at the stretch. The road in question is being constructed under the Comprehensive Development Plan (CDP).

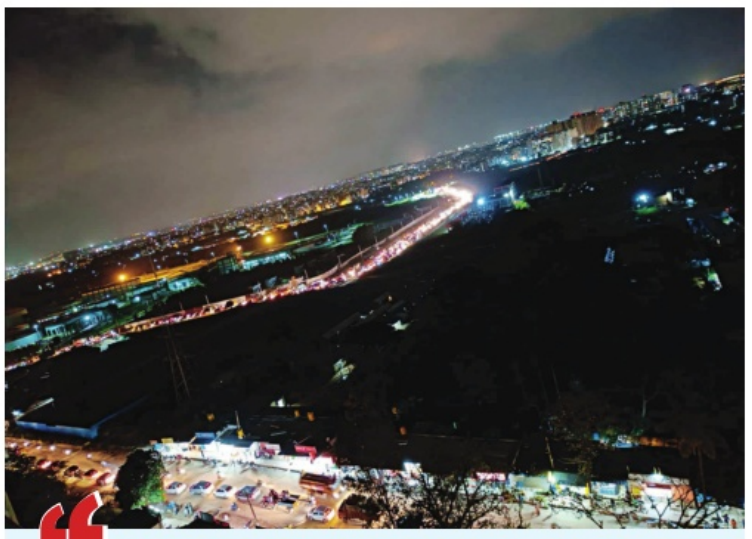
The traffic on the road is now causing massive congestion at the T-Junction which connects the Belagere Main Road to the Old Airport Road via Tubarahalli.

CDP roads are being constructed in Mahadevapura to provide easy access and better connectivity to other localities. The new roads are relatively wider and better, for a safe commute.

While the CDP road connecting Belagere Main Road to Old Airport Road was opened for public use in a bid to ease traffic in Belagere, sadly, it has resulted in frequent traffic jams, the daily commuters BM spoke to complained.

One of the residents, on the condition of anonymity, said: "The T-Junction connects people coming from Belagere and Panathur. Citizens can use the CDP-Kadubeesanahalli stretch to reach the Old Airport Road. However, without completing the whole stretch, the road was opened; now it is creating a chock-ablock. To cover a one-km distance, it takes more than 30 minutes. It has been designed badly. The idea to have the road was to reduce traffic but it is now a new choking point."

CONTINUED ON PAGE 9 »



"It takes a long time to acquire land as it is a private property

— Jayshankar Reddy, executive engineer, Mahadevapura

CITY / PAGE 5

## Downpour of misery

**Awaiting relief for August's rain misery, once again, 50 slum-dwelling families caught in Wednesday's heavy shower**

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# An edgy jugalbandi that leaves you wanting more

## Deception, second single of 'The Saffron Groove Project' is set to release today

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Bobby, Jaime, and Siyer say the song was an attempt to discuss the very act of deception

Deception, the second single of The Saffron Groove Project' by Bobby Beebob and Siyer, both Indo-Australian artistes, is not your everyday song dealing with adultery and infidelity and morally ambiguous relationships. It is edgy and gritty, an Indian classical bandish based in Raag Bhairav that comes alive when complemented with western grooves and whispering vocals, so much so that the result is pleasantly surprising.

Explains singer-producer Bobby BeeBob, "The song covers the act of deception, and adultery in trusting relationships. The idea itself is not uncommon but we wanted to depict it with a completely different musical backdrop. The drum groove almost dominates in a very steady pounding way, laying the foundation for the vocals and other instrumental elements to float across very effortlessly. We stayed away from making the musical vibe deliberately too dark, instead focusing on groove whilst effectively conveying the lyrical content."

It's a unique composition, and unpredictable. Despite a part of The Saffron Groove Project', right after Wings of Silence (that deals with the two conflicting voices in our heads) the song was conceived almost as an independent project. "We weren't trying to create songs that would string together in a theme. We let the song dictate what musical and lyrical path was followed in each instance," he says.

According to him, the basic groove came together in less than an hour. We deliberately stayed away from popular arrangement styles or 'templates'. Siyer (co-artiste) already had some idea about the raag he wanted to use. We spent some time finessing the groove to make the raag fit better. The English vocals and arrangements came next. I kept hearing the melodies in my head while just listening to the music, so all I had to do was write lyrics to match them! All in all, most of the song was finished over the course of a (long) afternoon. We probably spent another 20 hours over the course of a month refining it."

> **"We let the song dictate what musical and lyrical path was followed in each instance**
> – Bobby BeeBob, singer producer

For Bengaluru drummer Jaime Dudley, saying yes to this project was a no-brainer. "Bobby has always been a leader in the music production field (including being an inspiration to greats like Remo, Sandeep Chowta and many more). To add, I've always taken the biggest inspiration from the original MOKSHA (Bobby being one of the founding members) as part of my learning curve. Working beside him and Siyer on this track was an absolute pleasure."

Jaime adds that collaborations like these pushes him to think outside the box.

"As melodic as it first sounds, the Indian element features powerful and haunting lyrics to the listener, when translated. The groove and breakdown through this fusion track not only bring out a technical element but also a lasting hook to the listener, making 'Deception' unique."

"We are really happy with the result, says Bobby. What we created, combined with Jaime's drumming, has resulted in something that we believe will last the test of time. We were not trying to make a hit. We followed where our hearts lead us and that's why this song is unpredictable, impactful and beautiful."

## 3 THINGS TO DO

### 01 Film talk

Catch a special film festival showcasing 14 films that aims to bring together documentary films/alternative cinema that share stories and insights about people's resistance to oppressive regimes, dehumanising socio-cultural practices and also positive stories of transformation and change. Students are especially encouraged to participate.
**Where: St. Joseph's University Auditorium, Langford Road; When: October 21**
**Register: Scan the QR Code for registration link**

### 02 Earthen Lights

This festive season, Tamaala is back with its annual event Earthen Lights presenting lamps and lights made from earthen elements by 60+ rural and tribal artisans from Jodhpur, Bhuj, Villupuram, Ramanagara, Belgaum, Udupi and co-operatives in Bengaluru Rural. All art forms are exhibited here to celebrate the earth as we know it in its native form. **Where: Studio Tamaala, JP Nagar, & www.tamaala.com; When: Till October 23, 10 am – 9 pm; Contact: 7676197344**

### 03 Weaving voices

Bhoomija presents Roysten Abel's 'Weaving Voices', an immersive aural and visual treat that seamlessly blends music, theatre, and design. The production features some of the biggest names in the music and allied arts scenes, such as Bombay Jayashri, Uday Bhawalkar, MD Pallavi, Deu Khan Manganiyar, Rasika Shekar, Apoorva Krishna, Sumesh Narayanan, and MT Aditya Srinivasan.
**Where: Chowdiah Memorial Hall**
**When: 21 October (7 pm), 22 October (11 am & 7 pm)**
**Tickets: bookmyshow.com**

OUTSTANDING ACHIEVEMENT
Dr Savitha Rani.M.

**Dr Savitha Rani.M.,**an employee of **RAMAIAH Institute of Technology**, Bengaluru, well known as AQUA QUEEN,JALA KANYE, performed JALAYOGA in KUMBAMELA, Triveni Sangama, held at K R Pete. She performed padmasana,chakraasna, shanthiasana etc, thereby got applauded by all the people in KUMBAMELA.It was a breathe taking performance.

Response Connect Initiative

## New beginnings for MSRIT students

The MS Ramaiah Institute of Technology on Thursday held their 14th Annual Graduation Day. Principal Dr NVR Naidu said that 1,632 students (graduate and post-graduate) were part of the event. MR Seetharam, Vice-Chairman of GEF, said to the students: "You are entering the real world and you must not forget to serve society." Chief Guest Dr Rishikesha T Krishnan (Director, IIM Bengaluru) said, "The world is full of opportunities. Students must be adaptable. Please be sensitive to the environment." Dr MR Jayaram, Chairman of GEF said, "If catastrophes come, opportunities also do. One must believe in their self." **— BMB**

# First a death, then the ordeal for NoC

## Man made to run from one police station to other for clearance to take mom's body to hometown

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A city-based techie has alleged that he had to go through much hassle to obtain a No Objection Certificate (NoC) to shift his mother's body from Bengaluru to Varanasi. Bikram Yadav, who works as a solution architect in the city, said that he faced a lot of problems in procuring a NoC from Hebbagodi and Electronic City Police Stations.

This case brings to the fore the problems faced by all who want to take the bodies of their loved ones from one city to another.

According to Yadav, his 83-year old mother passed away on October 17 due to natural causes at a private hospital in Electronic City and he wanted to take the body to his hometown Varanasi for cremation. His friend Mani Ranjan told BM, "We engaged a third-party vendor to move the body to Varanasi by air. As the hospital comes under Electronic City Police station premises, we required an NOC from the Police station, so we approached them. But, the police there asked us to contact Hebbagodi Police station since my friend's house is in that area."

Activists urged sensitivity towards requests of bereaved persons

He said that when they approached the Hebbagodi Police station at 11 pm on Monday, a cop asked them to visit the station the next morning. "The next day, we went to the Hebbagodi Police station at 8 am and waited for two hours for the officer to come. The officer told us as the hospital was within the Electronic police station limits and my friend's mother had died there, we had to visit the Electronic city Police station again."

They went back to the Electronic City police station and were told to go to Hebbagodi. "It's very difficult for a grieving person to run around police stations during this tough time just to get an NoC so that he can take the body back to his hometown. We had a very tough time during the period and wasted one day in the jurisdictional fight. Then, we had to approach a local leader who helped us to get a NoC from the Electronic City station," he said.

He urged the police to give importance to such a request. "There should be better coordination to help citizens. Please define the rule clearly so that both departments should follow the rule instead of pointing at one another."

Meanwhile, other people we spoke to confirmed that the jurisdictional issue crops up when anything related to police stations is required. "People don't want to visit a police station, but are forced to go due to inevitable issues like filing a complaint or getting an NoC. Earlier, we had cases where police would refuse to register complaints citing jurisdictional issues. This is why higher ups had given instructions that police need to register complaints irrespective of the jurisdiction and later they can transfer the complaints to the police station concerned. Issues such as NoCs for a family during circumstances like death need to be accorded priority," said Shivakumar, an activist. When contacted senior police officers said that they would look into the issue.

## Drug peddling case: 3 Railway staffers arrested

With the arrest of three Railway staffers on charges of drug peddling, Karnataka Police claimed to have seized hasish oil and ganja Rs 80 lakh worth in Bengaluru on Thursday.

According to police, the accused worked at the North East Frontier Railway Agartala Coaching depot. They worked as AC attendant and bedroll staff.

The accused smuggled hasish oil and ganja from Assam to Bengaluru through trains. The Bengaluru City Central Crime Branch (CCB) sleuths got inputs regarding the drug peddling network and planned for raids.

The operation was carried out in the limits of Byappanahalli police station at SMTV Railway station premises. All the three accused were arrested and 1.10 kilograms of hasish oil and 6 kilograms of ganja were seized from them.

The accused purchased hashish oil and ganja from north regions at cheaper price and sold in Bengaluru. They used lockers given to carry out the work in trains to snuggle the narcotic substances.

The accused had established a network in Bengaluru. The police have launched a hunt for the two other accused persons. **IANS**

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# Rainfall that brought misery and misfortune

## In Shivajinagar, RT Nagar, and other places, people were stranded for hours, and vehicles damaged

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It was a scene that reminded people of the flood deluge that swept Bengaluru nearly a month back. Roads unmotorable, homes reeking of sewage, and cars and bikes stuck. The heavy rain that started on Wednesday brought with it woes and anger in citizens, who feel authorities are not doing enough.

In Shivajinagar, several residents almost lost their vehicles as they were on the verge of floating away.

Rohan Jalal, a resident of Shivajinagar, said, "I had parked my bike outside my house. The rain started heavily in the evening. Initially, I did not worry much about my bike. However, as the water level on the road kept on increasing, I came out of my house and saw that my vehicle was on the verge of floating away in the water. There were other people as well whose bikes were floating away. It was quite dangerous as the flow of the water was quite strong and we had the fear that we would slip and injure ourselves. Somehow, we were able to get the bikes back."

A lot of the residents also said that their vehicles were damaged because of excess water entering the engine. Shiva S, a resident said that he works in a factory, and he only has a bike which he uses daily to go to work. "My earnings are not enough to spend a lot. Even my bike was damaged because of the rain, and it will take me a lot of money to get it repaired. Even my work was hampered."

**"My bike was damaged because of the rain, it will take a lot of money to repair it**

- Shiva S, a resident of Shivajinagar

Like all rain stories go in Bengaluru, commuters were stuck for hours.

In RT Nagar, Bengalureans were stranded on waterlogged roads caused by the heavy rainfall. Suresh Kumar, a commuter, said, "Yesterday, RT Nagar had turned into a river. Luckily, I had cancelled my plans of going out. However, my friend was stuck on the waterlogged road. He was stuck there for more than two hours because nothing was moving. Along with that, an ambulance was also stuck on the road as well as food delivery boys."

People try to move their vehicles from the inundated areas

The HAL Traffic Police department took to Twitter to issue warning about the connective road from Sakra Hospital to Belandur Kodi as it was also waterlogged.

Their tweet mentioned, "Due to yesterday's heavy rain, the connective road from Sakra World hospital to Belandur Kodi is waterlogged, vehicles are not moving. Commuters please be aware about this and avoid this route if possible."

A BBMP official, said, "We are trying to drain out the water as soon as possible from the areas which are still waterlogged."

# The aftermath

This year, Bengaluru reached a new milestone by recording the highest rainfall in its history. Citizens say that the situation does not seem to improve, despite much being discussed and authorities simply do not do enough

BM readers sent us pictures of their surroundings -- some relatively new developments, others much older -- in the rain and its aftermath.

### Water, stagnated
**Cox Town**

For the last three months, the water stagnates at Cox Town Government School and students have a tough time going to school. Many students say that the rain mixed with drainwater makes going to school an ordeal in itself.

### Broken path
**Nataraja Layout**

Footpaths that are broken in Nataraja Layout made the situation much worse during the rain.

### Homes swamped
**Ayodhya Nagar**

During every spell of rain, water flows inside homes due to poor underground drainage work. This is on 17th Cross, 22nd Main Temple Street, Ayodhya Nagar, JP Nagar, 5th Phase.

### Broken rajakaluve
**Marathahalli**

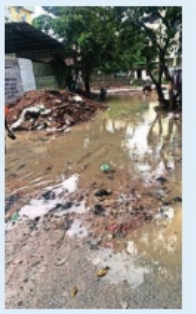
The rajakaluve near Deepa Nursing Home, Marathahalli has not been fixed for years. So, whenever it rains, the houses near the rajakaluve get flooded by creating backwaters which not only stinks but also creates numerous problems for the local residents.

### Slush pit
**Maruthi Extension**

A stretch near 6th Main Road, Maruthi Extension, part of BBMP Ward 76, has been in this condition for one year and no action have been taken despite repeated requests.

### Road under water
**Sai Layout**

This is the state of the road in Shri Sai Layout, Behind KR Puram RTO Office, Seegehalli, KR Puram. No drainage, no roads for walking or for vehicles, overflowing underground drains. This comes under the purview of KR Puram MLA, who lives on the adjacent road at a stone's throw.



### Biker's death trap
**Devarachikannahalli**

Newly built Devarachikkanahalli Road caved in leaving at least 3-feet-deep and 4-feet-wide ditch opposite Devarachikannahally Bus Stand turning into a death trap for bikers.

## Why is it raining now?

A low-pressure area formed over north Andaman Sea and adjoining areas of south Andaman Sea and Southeast Bay of Bengal on Thursday morning. It is very likely to move west-northwestwards and concentrate into a depression over east central and adjoining southeast Bay of Bengal around 22nd October and into a deep depression on 23rd October. Subsequently, it is very likely to recurve northwards and intensify into a cyclonic storm over west central and adjoining east central Bay of Bengal by 24th October. Thereafter, it is likely to move gradually north and northeast wards and reach near West Bengal - Bangladesh coast on 25th October, skirting Odisha coast.

### Forecast for Bengaluru

Experts predict widespread, very light to moderate rains associated with thunderstorms and lightning likely over BBMP area till October 22. The maximum and minimum temperatures are likely to be around 29 and 20 degree Celsius respectively.

### Damage

Many vehicles near the Majestic area were damaged following a wall collapse in Majestic.

# After the flood, comes yellow alert

Bengaluru on Thursday woke up to a rainy day with several areas getting flooded and life thrown out of gear.

Heavy rain has been pounding the city since Wednesday night, resulting in the inundation of roads, residential areas, and also caused wall collapse.

The authorities have their fingers crossed as the India Meteorological Department has issued a yellow alert for three days in the state capital. Heavy rain continued to pound the city till the early hours.

Wall built near the BMRCL construction site near the JD(S) party office collapsed. Seven cars and two bikes were damaged in the incident. Two persons who were in the car that was parked beside the wall, had a narrow escape.

A citizen trying to navigate a flooded road in Bengaluru

The rain inundated residential areas of Indiranagar II Stage, HAL Layout and HSR Layout.

The owners of two-wheelers had a harrowing time as their vehicles started flowing with the rainwater as the water level rose on the roads in Shivajinagar Old Market region.

Shantinagar, Jayanagar, Vijayanagar, Mysuru Road, Majestic, City Market, Rajajinagar,Kengeri, Uttarahalli, Yelahanka, Hebbal regions were heavily affected by the rain. Mahadevapura and Bengaluru East recorded 60 to 80 mm of rainfall.

# Slum, gone with the slush

## Life came to a standstill for 50 families residing in Bakshi Garden slum of KR Nagar ward

Garima Prasher
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TWEETS @BangaloreMIRROR

Around 50 families living in the Bakshi Garden slum locality were caught off guard on Wednesday late at night as a heavy downpour flooded the KR Nagar ward for the fifth time this year.

As water started gushing into their houses, their homes were flooded, and streets inundated, as they spent hours draining out the sewage water.

Residents say while the surrounding roads have recently been raised due to the white topping work, the drains are also clogged, leading to frequent flooding.

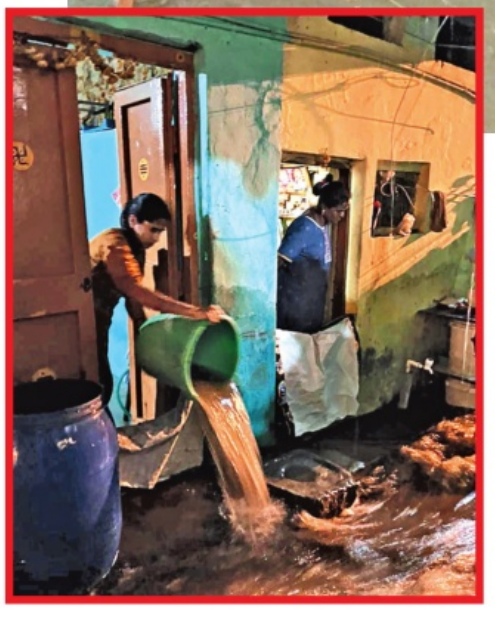
"Bakshi Garden is a downstream area and thus, is prone to flooding. However, the situation has become worse after the white topping of the one-and-a-half-kilometre stretch on Good Shed Road. Since then, a downpour of intensity slightly higher than average also pushes water inside the locality," said a resident of Bakshi Garden.

The occupants say while the water has receded now, they are left with the awful smell of sewage and an unhygienic living condition.

While the residents have cleaned up the houses, they say the stench from the sewage is persistent, causing health concerns.

"It is sewage that enters the houses leading to a foul smell. This time, we could spot worms that came in along with the flood water. The situation is unhygienic, and residents are worried about the health of children and the elderly. This issue demands immediate attention of the officials concerned," said a representative of an organisation working with the slum dwellers in the KR Market ward.

When BM reached out to the concerned official from the Bruhat Bengaluru Mahanagara Palike, he said, "The stormwater drain in the area was blocked and that led to the flooding of the locality. However, we have visited the spot and cleared the drain."



Residents struggle to drain their homes and belongings of the water

### Compensation delayed

Flooded again, the residents of Bakshi Garden are still waiting for the relief fund from the last flooding episode that they were supposed to receive a couple of months ago. While as many as 18 houses were impacted due to heavy rain in August, there is no sign of financial relief from the BBMP's revenue department.

"We had filed 18 applications from Bakshi Garden slum areas when the houses were flooded in August. We struggled even to get the survey done by the officials.

> **This time, we could spot worms that came in along with the flood water in the slums. The issue demands immediate attention**
>
> –a representative of an organisation helping slum dwellers

However, not even a single family has received the relief fund yet. They are waiting to see how many applications will be approved for the aid," said a representative of an organisation working with the slum dwellers in the K R Market ward.

According to BBMP's revenue department officials, the approval process is underway.

"Delay in disbursement of the relief funds is due to administrative issues. The official responsible for the process was recently relieved from his duties leading to the lag. The file will now have to undergo the process of approval from the joint commissioner's office. We will soon table the file for approval," said an official from the Revenue Department.

# Life cycle of asphalt: Laid, washed away

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

A few months ago, when the flyover at Sivananda Circle was finally open to the public, motorists thought that it would soon be the end of all their traffic woes.

But they were wrong. Thanks to the rain that lashed on Wednesday night, motorists were shocked to see the newly laid asphalt washed away in a jiffy. Motorists were seen struggling to commute on this stretch in front of Suzuki Motors that connects to the ramp of the flyover to proceed towards Race Course Road.

Workers seen re-asphalting the stretch near the Sivananda flyover

"It is a shame on BBMP engineers who inspected the asphalting of the road and the contractor should be blacklisted," said Jagadeesh Naidu, a two-wheeler rider.

A parent fell down while manoeuvring potholes near the underpass on Thursday morning. He was riding a two-wheeler to take his daughter to school. Social media clips highlighted the scene of his daughter helping her father get up.

"It seems the BBMP engineers are not worried about the safety of motorists. Earlier, the durability of newly asphalted roads was a few years but now it has reduced to a few weeks. BBMP Chief Commissioner should initiate a probe," said Keshava N, a motorist.

Citizens want Bruhat Bengaluru Mahanagara Palike (BBMP) engineers to use quality bitumen for asphalting the road.

On Thursday afternoon, a few workers were seen removing the remnants of bitumen on the road. "We are directed to re-asphalt this stretch," said a worker.

BBMP Chief Engineer Lokesh said the bitumen got washed away due to other reasons. "We are not compromising on the quality. We take all measures to ensure quality and we have re-asphalt the stretch again and it will be perfect," said Lokesh.

The BBMP had engaged a third party in August to inspect the quality of the alleged uneven surface of the flyover. The flyover had skipped many deadlines. The construction of the flyover invited much criticism from environmentalists.

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# Let the light shine on you

## What is the festival of lights if not to brighten up your lives with some fun lighting ideas?

It's not Deepawali without a house full of lights. From the tiny flickering flame of the traditional diya to the twinkling bulbs of fairy lights cascading down a window, lighting has gotten so much more interesting with every passing year. The colours and designs on offer are just what we need to brighten up our homes beautifully.

Traditional Deepawali lighting pretty much revolves around clay diyas and paper lanterns, with even those seeing an upgrade in recent times, but there are a lot of different ways you can light up your home for the festive season, and bring in an element of quirkiness while you're at it. Here are a few simple ways to amp up your Deepawali lighting this year.

### Fairy Lights – On Everything!

A string of fairy lights can make even the drabbest room look bright and cheery. Deepawali is the one time in a year you can go completely over the top with your lighting, and these tiny bulbs on a string are the perfect plaything. Wrap them around curtain rods, tape them onto your walls, fill them in tall bottles or jars, drape them over your larger potted plants, or just let them fall over the window to be a curtain of light. Most fairy lights come with different lighting modes, so you can change them every evening. They lend a dreamy, warm look to any space, and, since the bulbs are small, they won't overwhelm the room.

### Throw Some Light On Paper

The market is replete with paper lanterns in all shapes and sizes, and every year the variety gets a little more enticing. These are convenient and easy to assemble, but you can also make your own.

There are plenty of tutorials online on making your own paper lanterns (a wonderful activity to do with children), but the simplest version is the paper bag one. Take a white or brown paper bag, fill it with a string of fairy lights and put it upside down on a

table or on the floor. If the paper bag is too thick and the light is dim, try some interesting cut-outs on the bag and let the light shine through. If you want to place a diya inside the paper bag, make it a battery-operated one.

### Go Metallic

Metal candle holders lend a traditional touch to Deepawali celebrations. Brass diyas find a place in most home mandirs, but, for the festive season, you can place them in the middle of your rangoli, or on a table strewn with flowers. Designs have evolved immensely, so you can get a range of different options such as perforated lanterns or metal flower-shaped diyas and dot them around your home.

### Be LED By These

LED lamps are much like string lights, except that they're larger and come in a range of designs. They're not too expensive and you can reuse them year after year in different ways around your home, even if it's just for a dinner gathering with friends. LED lamps look beautiful in any setting, in any room, even just strewn across the floor. For an interesting display, drape them around doorways or over the head of your bed.

### Lead Candle Light

You can't go wrong with candles; a grouped display is always a thing of beauty. Go a step further. There are plenty of DIY candle-making kits available in the market. Grab a couple and make your own candles in an array of containers. Pour wax into old wine glasses, large bowls or transparent jars and create your new set of candles for the year. If this seems like too much work, make a fun potpourri arrangement by placing a store-bought candle in a container filled with dried flowers, spices and fruits. What's better than a well-lit home? One that smells great too!

### Don't Forget The Old Favourites

Diyas in innovative shapes, floating candles or diyas in a traditional urli… these will never go out of style, so mix and match your new lighting ideas with the classic ones we know and love.

— GoodHomes for Femina

### DIY GIFT IDEAS

This is one of the best times of the year, where we spend time with family, smell the air that is thick with the fragrance of Deepawali sweets, and light up our houses with diyas. But there's one question that always stresses us out each year – what are you planning to give your friends and family? If you are planning gifts for your loved one's this Deepawali, why not do it in a way that doesn't burn a hole in your pocket. Here are some DIY gift ideas that will surely impress your loved ones without putting too much strain on your wallet.

#### Candles

There are numerous things you can do with candle wax scraps. One of them is that you can use it for making other candles. Homemade candles are an excellent DIY gift idea for any occasion. It is fun, creative, and inexpensive to make candles at home. This DIY candle gift can be modified to suit anyone's tastes, making it truly an original gift for anyone on your list.

#### Cushion Covers

Gift your dear ones amazingly crafted colourful cushion covers. See the magic happen when you reuse waste cloth instead of throwing it in the garbage. Just pick up your home sewing machine, get your creative juices flowing & customize the cushion covers in any colour and style you want.

#### Wall Decor

If you want something more unique, try making some DIY wall decor crafts out of different things you have lying around your house, like paper boxes, bottles, cards, jars, glass bottles, wood, and books. You can also use shredded coloured papers, old magazines or even torn posters to create beautiful wall decorations for your friends' home.

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# KG Layout work (or the lack of it) leaves MLA unimpressed

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

MLA S Suresh Kumar inspecting ongoing work at Nadaprabhu Kempegowda Layout on Wednesday

**Suresh Kumar says though BDA officials have assured work will be done by end of December, he is not so sure it can be done**

The Bangalore Development Authority (BDA) authorities have failed to impress MLA S Suresh Kumar, a member of Karnataka Legislative Assembly Petition Committee, who visited Nadaprabhu Kempegowda Layout on Wednesday to inspect the progress of the developmental work at the layout.

Suresh Kumar told Bangalore Mirror that he was not happy with the progress of work. "Many people who bought sites at this layout by taking loans from banks ended up paying interest on the loans. They also ended up staying in rented houses since they are not able to construct buildings due to lack of basic amenities at this layout," said Suresh Kumar.

He said the BDA engineers were present during the inspection. "The BDA engineers have assured me that pending work will be completed by the end of December but I am not sure whether they can do it," he said. He said that he would submit the inspection report to the chairman of Karnataka Legislative Assembly Petition Committee on the status of work. "I have also directed a nodal officer to prepare a detailed report on the work at this layout. The Petition Committee will meet on October 27," he said.

Surya Kiran, spokesperson of NPKL Open Forum said the delay in acquiring 1,300 acres land and pending six-seven work approvals are the cause for the project coming to a standstill. "The land acquisition team of NPKL should have a dedicated special land acquisition officer and surveyors. The authorities have to avail the services of special land acquisition officers who have completed land acquisition for Dr Shivaram Karanth Layout. We request the Petition Committee to pass orders, monitor, set deadlines for every work in a manner the Supreme Court acted in case of Dr. Shivaram Karanth Layout," said Surya Kiran.

During the inspection, Nadaprabhu Kempegowda Layout Allottees' Open Forum explained about issues such as lack of basic facilities to build houses, loan EMI interest, house rent and farmers' hardships and compensation distribution issues before the committee. The forum requested Suresh Kumar to recommend that all approvals for the pending work be approved by the BDA and the government at once.


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**I,** Mary Yasmin Yesudas aged about 23 years D/O Yesudas residing at Hno.550, Vinayaka Nagar, Near Rama Temple, A S Palya, B'luru-560017 wish to state that my name, my father's name and mother's name in my old passport is incorrectly printed as Mary Yasmin Yasudasan, Yasudasan Isac and Annamma Yasudasan respectively. Hence, my name has to be corrected to Mary Yasmin Yesudas, my father's name to Yesudas and my mother's name to Annamma Yesudas respectively vide affidavit dt:18/10/2022 sworn before Notary Uday Kumar K, Blr

**I,** Manjunatha Nagaraju, Residing at No. TF2, Soorya Splender Apartments, 1st Cross, 1st Block, Akshaynagar, Ramamurthy Nagar, Bengaluru- 560016, have changed my name to MANJUNATHA REDDY NAGARAJU, vide affidavit dt:20.10.2022 before Notary D.G. Shanthappa, Bengaluru.

**I,** MOHAMED YASIN SHEIK ABDULLA MANI alias MOHAMED YASIN S M, S/o SHEIKABDULLA, R/o Flat No. T5, Fortune Homes, Basapura Main Road, Bengaluru - 560100, have changed my name as MOHAMED YASIN, vide affidavit dated 20.10.2022 sworn before no ary Rajanna S M, Bengaluru.

**I,** Harshitha Gautham W/o Gautham K.V R/a #F10, M.K. Moon Residency, Chandrashekar Layout Main Road, Srigandadakaval,Nagarabhavi, Bangalore-91 Have Changed My Name from Harshitha N to Harshitha Gautham vide Affidavit Dtd:19-10-2022 Before Notary Devaraja E. Bangalore

**I,** SOFIA, R/at #304, Elegant Sunny Regency, 36, 2nd Stage, HRBR Layout, Kacharakanahalli, Bangalore - 560084. I, have change my name SOFIA SHAJAHAN, Vide Affidavit Dated: 19/10/2022 . Sworn before Notary: R. Basavaraja Advocate Blre

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# Sex determination: Reward for catching dubious clinics

## Surveillance to be intensified; Rs 50,000 for those conducting sting ops

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The Directorate of Health and Family Welfare Services have decided to intensify surveillance on sex determination clinics in Bengaluru and all district headquarters in the state. A team of health officials raided a clinic situated at Jayanagar and seized three portable scanning machines on Wednesday.

The Director of Health and Family Welfare Services organised a two-day workshop in Bengaluru on Wednesday. The officials announced Rs 50,000 as a reward for those who conduct sting operations to find clinics that practice sex determination that is against the law.

Addressing the workshop, State Health and Family Welfare Services Commissioner D Randeep emphasised on the need to eliminate such clinics and punish those responsible for unethical practices at such clinics.

"We have to stop feticide incidents by implementing the plan effectively at district level. I have the information on people visiting Sholapur in Maharashtra for sex determination tests and feticide. I want the health officials to take the help of the doctors' association to end this menace," said Randeep.

> **We have to stop feticide incidents by implementing the plan effectively at district level** – D Randeep

Stressing on the need for the change of mindset of people on children, he said there are some families in North Karnataka who distribute jilebis or barfis to indicate the birth of a girl child and Dharwad pedha to indicate the birth of a male child. "We have to try to change this mind set. Participants must utilise the two-day workshop to improve your knowledge on the existing laws and to act tough against those who violate the norms," he said.

State Health and Family Welfare Services Deputy Director Dr. Vivek Dorai said the officials have taken measures to close clinics indulging in sex determination at all districts, including Bengaluru Urban.

# Truss quits, another chance for Sunak

WORLD

The ruling Conservatives will race to find a new Prime Minister of the United Kingdom in a week, after Liz Truss dramatically, though not unexpectedly, resigned as head of government on Thursday after only 45 days in office - the shortest period for any British Premier in history.

"I cannot deliver the mandate on which I was elected by the Conservative party," Truss declared standing in front of the door of her office cum residence - 10 Downing Street. In effect, Britain will hav an incredible and unprecedented third Prime Minister in three and a half months.

Truss added she had agreed with Sir Graham Brady, chairman of the 1922 Committee - the body that conducts internal elections in the Conservative party - that the leadership election will be completed within a week.

What an election of a new Prime Minister in a week means is the vote is unlikely to be extended to the rank and file of the party and may be restricted to Conservative MPs only.

Speculation was swirling in Westminster and Whitehall about the Indian origin former Chancellor of the Exchequer Rishi Sunak - who lost the contest to Truss in the summer - once again throwing his hat into the ring. There was, however, no confirmation of this from him. He has of course made enemies within his party for being instrumental for the downfall of Boris Johnson, the Prime Minister before Truss, and has been lying low since his defeat.

Apart from Sunak, the names of Ben Wallace, the Secretary of State for Defence, Penny Mordaunt, Leader of the House of Commons, and even Johnson are doing the round. Wallace refused to bid for the leadership in the summer, but could be a unifying figure and thereby a frontrunner, if he stands. Mordaunt said she will "keep calm and carry on". Another figure of Indian descent, Suella Braverman, who resigned as Home Secretary on Wednesday, could also have ambitions.

BBC reported Jeremy Hunt, the current Chancellor, will not fight an election for the Prime Ministership.

Johnson supported Truss against Sunak. It was rumoured he did so because he knew her limitations, expected her to implode soon, which would pave the way for his return. Nicknamed the "human handgrenade", she has certainly self-destructed in record time. —IANS

# Caught in a jam

CONTINUED FROM PAGE 1

Meanwhile, BBMP officials revealed that due to a land acquisition issue, the entire road was not completed. However as it could take longer to complete the land acquisition, they decided to open it half way.

"The land acquisition has to be completed. It takes a long time to acquire the land since it is a private property. Now the Transferable Development Rights (TDR) has been finalised and a final settlement will be carried out. We opened the road for public, as people can use this stretch which will help in reducing the traffic at Balegere," said Jayshankar Reddy, executive engineer, Mahadevapura zone.

Residents pointed out that Belagere is one of the most neglected localities. "With bad roads filled with potholes and slush, congested underbridges and no drainage facility, we have been suffering for years; there is no permanent solution to this. Just to cross the T-section, it took me about 45 minutes on my two-wheeler. For people who are moving in a car, I can't even imagine how long they would be stuck. If any ambulance is to pass through the stretch, then it is going to be a nightmarish situation," said another resident.

However, Clement Jayakumar, secretary of Mahadevapura Task Force, pointed out that there is only one property that needs to be acquired which is taking a longer time as the owner is not coming to terms with the BBMP.

"We do not know how long it will take for the land acquisition to be completed. The owners of the land are not agreeing with the conditions and hence it is taking longer. If the road was not opened, then there would continue to be traffic congestion at the Panathur railway under-bridge. We are hoping the matter will be resolved; once the road is acquired and completed, it will be a wider stretch and will benefit the public," Jayakumar told BM.

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THRILLING TABLE SKATING
NEAR KENGERI BUS TERMINAL METRO STATION,
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PARAS

DIWALI BLOCKBUSTER FOR ENTIRE FAMILY
THANK GOD
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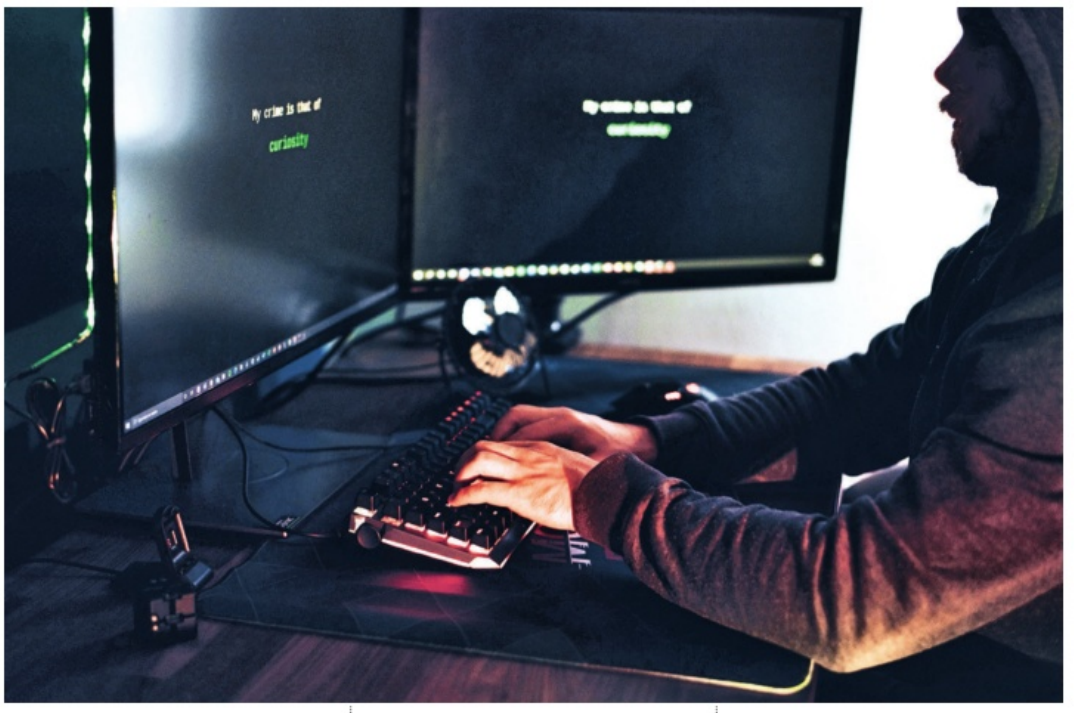
ADVANCE BOOKING NOW OPEN
PVR CINEMAS {Phoenix Marketcity | Forum Mall | Orion Mall | Orion Uptown Mall | MSR Regalia Mall | Spirit Mall | VR Mall | Vaishnavi Saphire Mall | Superplex Vegacity Mall | @ GT Mall, Magadi Road | Aura Cinema} | INOX CINEMAS {Lido | Brookefield Mall | Forum Value Mall | Garuda Mall | Mantri Mall | Central Mall, JP Nagar | Garuda, Yelahanka | Swagath Mall | Galleria Mall, RMZ Yelahanka | SBR Horizon} | CINEPOLIS CINEMAS {ETA Mall | Orion East Mall | Royal Meenakshi Mall | Shantiniketan | SJR Spectrum Mall | Sigma Mall} | GOPALAN {Innovation Mall | Arcade Mall | Signature Mall | Grand Mall | Legacy Mall} | INNOVATIVE MULTIPLEX {Marathahalli} | KINO CINEMAS {Seegehalli Road} | MUKTA A2 CINEMAS {Uttarahalli} | SWAGATH SHANKARNAG {M. G. Road} | ROCKLINE CINEMAS | ANAND THEATRE {Tanny Road} | ABHINAY THEATRE {K. G. Road} | SANTOSH THEATRE {RPC Layout} | BHARATH CINEMAS {Mangalore | Manipal | Shivamoga | Kundapura | Padubidri} | PVR CINEMAS {Fiza Mall, Mangalore | Forum Mall, Mysore | Garuda Mall, Mysore} | INOX {Central, Manipal | SS Mall, Tumkur | Satyam Mall, Mysore} | CINEPOLIS {City Centre Mall, Mangalore} | SRINIVASA THEATRE {SG PALYA} | VISION CINEMA {Mysore} | DRC {Mysore} | MOVIETIME {Davangere} | TRINETRA THEATRE {Davangere} | BALAJI DELUXE THEATRE {Bannimantapa} | JAYALAKSHMI THEATRE {Mandya} | DIANA THEATRE {Udupi}.
farnaz

**Troll block**
**Instagram will enhance features that help users block accounts of abusers and trolls on the platform**

# On a slippery slope

## Why law enforcement agencies struggle to throttle crypto scams




Under the headline "Scammers in Paris", an online sleuth known as ZachXBT published a blog in August detailing how a pair of youngsters stole cryptoassets worth millions.

Much to his surprise, the French police announced last week that they had acted on his tipoff and charged five people.

It was the first time his sleuthing had led to police action, ZachXBT told AFP, despite having investigated $250 million worth of crypto scams and thefts and chronicling them for his 300,000 Twitter followers.

One explanation for the lack of action is that low-level scams are not a priority. The authorities in the European Union and the United States -- the leaders on crypto control -- have relentlessly focused on aspects of crypto crime related to terrorist financing, money laundering and sanctions busting.

Arrests have been rare at federal level in the US -- the Department of Justice's specialised unit charged only eight suspects in the first half of this year.

US federal agencies have often concentrated on headline-grabbing suspects like Heather Morgan, an amateur rapper nicknamed "Razzlekhan" who was charged with money laundering in February, and more recently reality TV star Kim Kardashian, who was fined this month for illegally promoting a cryptocurrency. Yet the specialist crypto firm Chainalysis said more than $3.5 billion had been lost to scams and hacks between January and July. AFP contacted police departments and crime

**The sheer scale of the criminality proves difficult for law enforcement agencies already lacking resources for financial crime**

agencies in Europe and the United States but none could give figures for clear-up rates or charges for crypto-related crime.

The sheer scale of the criminality proves difficult for law enforcement agencies already lacking resources for financial crime. Chainalysis is one of several firms rushing to fill the gap in expertise, selling its tools and services to agencies including the New York police.

Former New York police chief Terry Monahan told a Chainalysis event that before he stepped down last year officers would face three cryptocurrency cases every day. But they had no way of investigating, so the cases would be closed.

Another part of the problem is the direction from the top. The focus on terrorism and sanctions busting comes as regulators struggle to decide if cryptoassets are securities or commodities. If they plump for securities, crypto companies would face so much regulation and fines that the sector could be decimated.

Omid Malekan, a professor at Columbia University, said the manoeuvring by US agencies could be seen as "their fear of what a crypto-centric future might mean for US power at home and abroad".

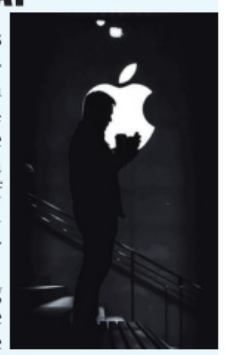
Scams have become harder to ignore since crypto lender Celsius went bust owing $4.7 billion to investors. Many of those who lost out were ordinary folk sold on the idea of quick and easy profit.

Monahan and Malekan both reckon law enforcement is slowly getting a grip. And Malekan says increasingly sophisticated tools are helping to unmask scammers despite the much-vaunted anonymity of the blockchain -- the digital ledgers where all transactions are stored. "Once a single participant is unmasked," said Malekan, "their on-chain history becomes a treasure trove of data for chasing down their entire network".

However, the damage of years of lax enforcement will be difficult to unpick. "I do think lack of enforcement encourages and emboldens the scammers," said Molly White, whose project "Web3 is going just great" chronicles some of the most outrageous scams in the crypto world. "I think it has contributed to a perception that crypto hacks are basically risk-free and high reward." **AFP**

## BITS & BYTES

### BIG ON DISPLAY



Tech giant Apple is reportedly planning to launch its next iPhone SE 4 model with a more prominent 6.1-inch display instead of a 4.7-inch display, which featured in earlier SE models.

The upcoming iPhone SE will have the same design as the iPhone XR, in keeping with past rumours, according to tech new breaker Jon Prosser, GizmoChina reported. Meanwhile, the SE 2 and SE 3 editions of the iPhone have sported a design similar to the iPhone 8, the report said.

Like its predecessors, the iPhone SE 4 will not have thick bezels at the top and bottom. The home button is unavailable on this device since it has a notched display with slim bezels. **IANS**

### MUSIC ON

Photo-sharing platform Pinterest has announced partnership with record labels to bring music to its TikTok rival, Idea Pins.

Idea Pins now allow users to add popular music to their video posts.

Through the collaboration, the platform's existing royalty-free music collection is expanded to include licensed popular songs.

"Being able to add known and trending songs to Idea Pins will enable creators to engage more deeply and creatively with their audience, unlocking new ways for them to inspire through their content with music expression", the company said in a blogpost.

Users can search for the music they want by song title, artist, or keyword.

"Music plays a vital role in elevating storytelling and empowering storytellers, creators and pinners who inspire the world every day on Pinterest," said Malik Ducard, Pinterest chief content officer. **IANS**

# 90s relic, floppy disks get second life

## 73-yr-old runs online disk recycling service and sells around 500 disks a day

**#LAKE FOREST, California**

It has been two decades since their heyday, but one bulk supplier of the iconic 3.5-inch floppy disk used to store data in 1990s says business is still booming.

Tom Persky runs floppydisk.com, a California-based online disk recycling service that takes in new and used disks before sending them onto a reliable customer base - he reckons he sells about 500 disks a day.

Tom Persky uses older computers to format the disks

Who buys floppy disks in an age when more sophisticated storage devices like CD-ROMS, DVDs and USB flash drives have been made increasingly obsolete by internet and cloud storage? Those in the embroidery, tools and dye, and airline industry, especially those involved in aircraft maintenance, says Persky.

"If you built a plane 20 or 30 or even 40 years ago, you would use a floppy disk to get information in and out of some of the avionics of that airplane," said 73-year-old Persky. At his warehouse, shelves are packed with bright green, orange, blue, yellow or black disks sent from around the world. At one end sits a large magnetic machine with a conveyor belt that wipes out information on disks, while another machine slaps labels on them.

The warehouse also holds 8-inch floppy disks - an even older storage medium - including one labeled as containing the 1960 John F. Kennedy and Richard Nixon U.S. presidential debate.

Despite being a relic in the modern world, Persky says floppy disks have several redeeming qualities.

"Floppy disks are very reliable, very stable, a very well understood way to get information in and out of a machine," he says. "Plus, they have the additional feature of not being very hackable."

Persky ended up in the floppy disk business after working in software development for a tax company in the 1990s that duplicated its software onto floppy disks. He says he fell in love with the business and took it on after it was spun off.

But he is not expecting it to survive another 20 years.

"When I see the 'save' icon, I see a floppy disk. But most people just see the 'save' icon," Persky said.

"I'll be here for as long as people continue to want to have these disks. But it's not forever." **Reuters**

**HEALTH TIP:** Both active and passive smoking is toxic to the heart. Smoking contributes to both oxidative damage and inflammation in the body

Pears are high in vitamin C, which we need for the production of collagen to strengthen muscles and skin

BangaloreMirror | 11
Friday, October 21, 2022
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# After breast cancer

## 5 changes you can make to stay healthy

Every year, more and more people are diagnosed with breast cancer. If you're one of them or know someone who is, the great news is that 92 out of every 100 women will survive for five years or more after their diagnosis.

But women are often surprised by the life-altering side effects from their cancer treatment that can continue for years after, such as pain and fatigue. And many live with the dread of their cancer returning, even after they pass the celebrated five-year survival mark.

So, what can you do to improve your chances of living a longer, healthier life after a breast cancer diagnosis?

### 1 Stay physically active

Move more and sit less. Ideally, this includes gradually progressing towards and then maintaining about 150 minutes (two and a half hours) of planned, regular exercise a week. This involves a mix of aerobic exercise (such as walking) and resistance exercises (that target specific muscle groups), done at a moderate or high enough intensity to make you huff and puff a bit.

Observational studies show associations between exercise and living longer and prevention of cancer recurrence. And there's some preliminary evidence from clinical trials to support this too.

Women with breast cancer who exercise and are more active, have better quality of life, strength and fitness, and fewer and less severe side effects during active treatment.

### 2 Eat a high quality diet

Women with better diets – that include a high intake of vegetables, fruit, legumes, nuts, whole grains and fish – have been shown to live longer after a breast cancer diagnosis than those who have a diet high in refined or processed foods and red meat.

This is due mainly to the benefit of a good diet on reducing the risks of other health conditions, such as heart disease, rather than having a direct effect on the risk of dying from breast cancer.

Many women, particularly older women or those with early stage breast cancer, are actually at higher risk of dying from heart disease than their breast cancer. A high quality diet can help maintain a healthy body weight and heart health.

There has been growing interest in specific diets (such as ketogenic or low-carbohydrate diets) and fasting during cancer treatment. But the most recent guidelines state there's no evidence yet to say these are of significant benefit.

More research is being done following findings from a 2020 study, which suggested a "fasting mimicking diet" (low calorie, low protein) on the days prior to and of chemotherapy, produced a better response to treatment. However, compliance with the diet was difficult – only one in five women in the study were able to stick to the fasting diet for all their chemotherapy treatments.

### 3 Maintain a healthy weight

Excess body weight has also been linked to poorer survival after breast cancer diagnosis. But so far there haven't been any clinical trials to show the opposite: that weight loss following a breast cancer diagnosis can improve survival. Trials are underway to answer this question.

Weight gain is common following breast cancer treatment. The causes for this are complex and carrying extra weight can make some of the side effects of treatment worse. Our recent study of women following breast cancer treatment, found that when they are supported to lose a modest amount of weight (5% of their body weight), they improved their physical quality of life and reduced their pain levels. They also reduced their risk of heart disease and diabetes.

Besides these well-established tips, a small body of research suggests two more behaviours, related to our body clock, can impact health after a breast cancer diagnosis.

### 4 Get good sleep

Disrupted sleep – common among women with breast cancer – can remain for years after your treatment has ended.

Women with breast cancer who regularly struggle to fall or stay asleep at night – compared those who rarely or never – are at greater risk of dying from any cause.

And it's not just about how well, but also how long you sleep. Sleeping longer than nine hours per night – compared to seven to eight hours – is associated with a 48% increased risk of breast cancer returning. But, studies are yet to tease apart the possible reasons for this. Is increased risk of cancer recurrence a result of sleeping longer or is sleeping longer a consequence of progressing or recurrent disease?

### 5 Be mindful of when you eat

Preliminary research suggests when you eat matters. Delaying the time between the last meal of the day (dinner or supper) and first meal of the next (breakfast) may help reduce the chances of breast cancer returning.

When women reported fasting overnight for fewer than 13 hours – compared to 13 or more hours – after a breast cancer diagnosis, it was linked to a 36% increased risk of breast cancer coming back. But the study's authors note randomised trials are needed to test whether increasing the amount of time fasting at night can reduce the risk of disease.

### Small steps to big changes

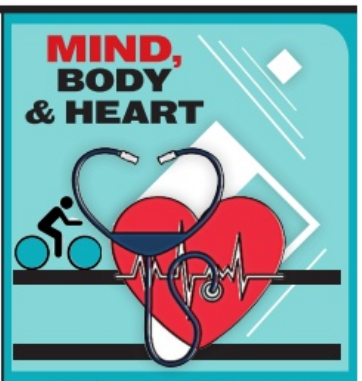
The World Cancer Research Fund has developed a list of recommendations to reduce cancer risk and reduce the risk of cancer coming back. But our research has found most women aren't meeting these recommendations after their breast cancer diagnosis. Changing habits after breast cancer can also be harder, mainly due to fatigue and stress.

Starting exercise after treatment can be intimidating and even frightening. It's a good idea to start small, for example: aim to increase exercise by 10 to 15 minutes each week. Having an exercise buddy really helps and there are lots of exercise programs for people who've had breast cancer.

Common questions about exercising after a breast cancer diagnosis include how to avoid the swelling and discomfort of lymphoedema, which develops in about 20% of breast cancer survivors who have had lymph nodes removed. People also worry about exercise and wig discomfort or irritation from radiation. Specific advice is available.Similar to exercise goals, rather than striving for a perfect diet, you can aim to eat more vegetables each week.

Sleep can be challenging if you've been worrying about a cancer diagnosis or treatment but tips for getting the recommended seven to nine hours sleep each night include exercising earlier in the day, avoiding snacks before bed and good sleep hygiene.

*(By Sandra Hayes, Griffith University, Kelly D'cunha, Caroline Olivia Terranova and Marina Reeves, The University of Queensland) The Conversation)*




## All problems solved

*Dear Coleen*

**I'm in my late-40s, I've been happily married to a lovely man for more than 20 years and we have children together.**
**I know he loves me too but he's been unwell for years and has become cranky and distant with me, both emotionally and sexually, because of this. This is frustrating for me.**
**I work as a care assistant and have developed strong feelings for one of my male clients. He's always on good form despite his health issues and is very flirtatious, and makes it obvious that he wants to sleep with me.**
**I know this is wrong, but each time I call to see him, I'm sorely tempted. I've made it clear to my client that there can be nothing between us, as I love my husband. Please advise!**

**COLEEN SAYS**

I think you know what you have to do – you've listed all the reasons why it would be a very bad idea to get involved romantically with this man. Of course it's not worth it.
What you're craving is the same reaction from your husband that you're getting from this guy. You miss your husband and your client is filling that gap by making you feel attractive. If I were you, and I know it's hard if you've formed an attachment, I'd ask if someone else could step in and be his carer. You're clearly vulnerable right now and need to remove yourself from this situation. I think it's good that you've been direct with this man and told him nothing can happen.
You also need to have a deep discussion with your husband – be honest about how you're feeling about him and the marriage. While you love him and understand the limitations of his condition, you need to start communicating and finding joy in life. Be honest that the situation is making you question your relationship because it doesn't seem to bring either of you happiness. Maybe he needs a reminder of what he's got to lose.

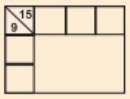
—Coleen Nolan, Daily Mirror

## SOLVE IT IN A MINUTE

$10^{X}=0.0001$
X = ?

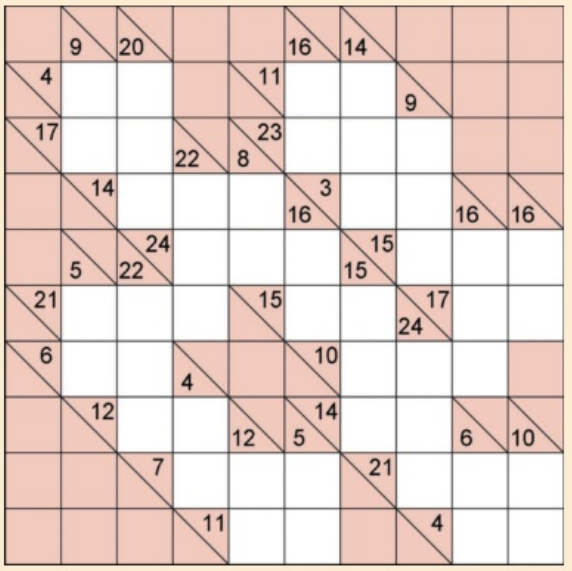
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

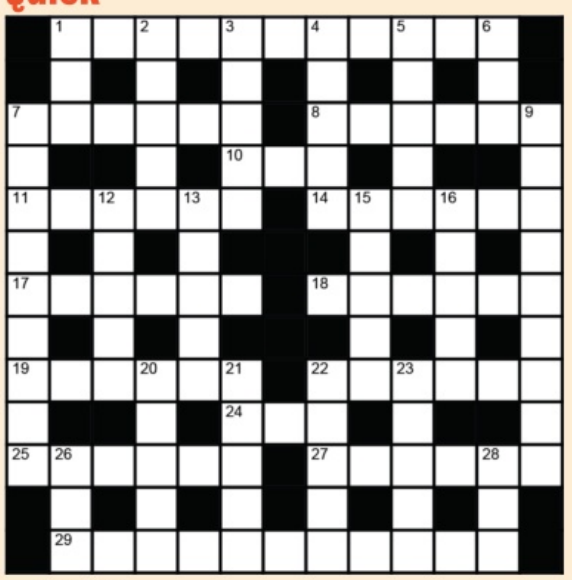



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Recognize (11)
7 Nova ____: Canadian province? (6)
8 Fervour; zeal (6)
10 Facial feature? (3)
11 Periods of darkness (6)
14 Agreement (6)
17 Prove to be false (6)
18 Olympic gold medallist ___ Chopra (6)
19 Scandinavian-"in cord" anagram? (6)
22 Foundation author Isaac ___ (6)
24 An angry dispute (3)
25 Entirely (2,4)
27 Offensive (6)
29 Ruthless interrogation (5,6)

**DOWN**

1 Curve (3)
2 Desert region of Gujarat (5)
3 Ellipses (5)
4 Sprang (5)
5 Swerve; sidestep (5)
6 Old French coin (3)
7 Festival celebrated in January (9)
9 Capital of Iceland (9)
12 Achieve success (2,3)
13 Ice cream flavour ___-frutti (5)
15 Smells strongly of (5)
16 Former Pakistani all-rounder Wasim ___ (5)
20 Former India skipper (5)
21 Flock together (5)
22 Conscious of (5)
23 Bury or entomb (5)
26 Fruit kernel (3)
28 Fidel's friend Guevara (3)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: X EQUALS H**

AUE DCR BT KXR SATK WLR-ZVRHKRE AN KXBLCT KXDK HDL XDVVRL KA D SDL.

## Linemaro

If a fat man put you in a sack, that will be Santa. I told him I want you for Xmas

## Mindchow

I talk to myself because I accept only my own answers

## Joke of the day

My wife and I went for a meal the other night and I surprised everyone there by ordering in French. It was an Italian restaurant

## Loop

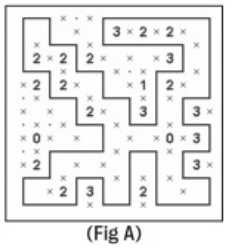
**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

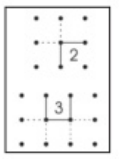
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

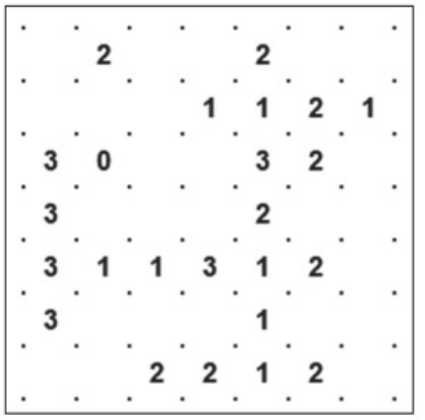
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



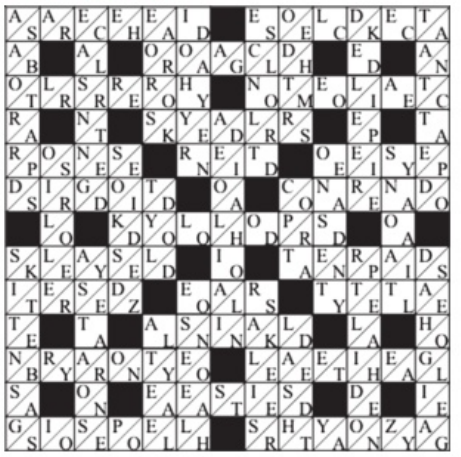
(Fig A)



(Fig B)
Not Allowed



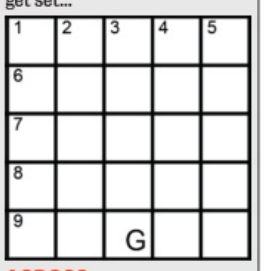
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

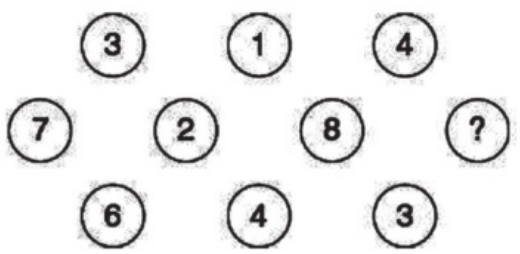
1 Crops; 6 Value;
7 Boner; 8 It lee;
9 To Big

**DOWN**

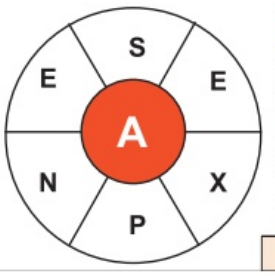
1 Be cub; 2 Olio V;
3 Gl err; 4 An opt;
5 Steel

## Mensapuzzle

What number should replace the question mark?




## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 8 | | | | | | 6 | 7 |
| 9 | | 3 | 2 | | 1 | 5 | | 4 |
| | | | | 5 | | | | |
| | | 8 | 3 | | 7 | 9 | | |
| | | | 8 | | 6 | | | |
| | | 4 | 9 | | 5 | 8 | | |
| | | | | 3 | | | | |
| 3 | | 9 | 1 | | 4 | 6 | | 5 |
| 4 | 7 | | | | | | 2 | 8 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4
3 7 9 9

Medium = 37
4 4 5 9

Hard = 10
2 2 5 2

## Hocusfocus

Find at least six differences in details between panels.

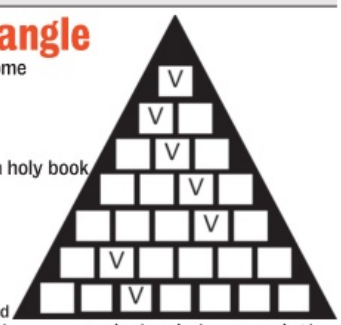
**Differences:** 1. Number on jersey is smaller. 2. Stripe on sleeve is lower. 3. Arm is moved. 4. Football is different. 5. Swing is missing. 6. Sleeve is shorter.

## Riddler

What connects Night Owl, Rorschach and Ozymandias?

## Alpha triangle

1 Five in ancient Rome
2 Virginia, abbr.
3 Hail as to Maria
4 Rescue
5 Cask part
6 Zend Zoroastrian holy book
7 Warnings




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

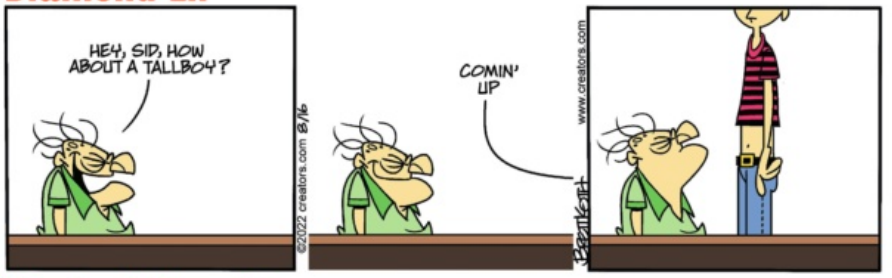
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

## Bizarrotrip

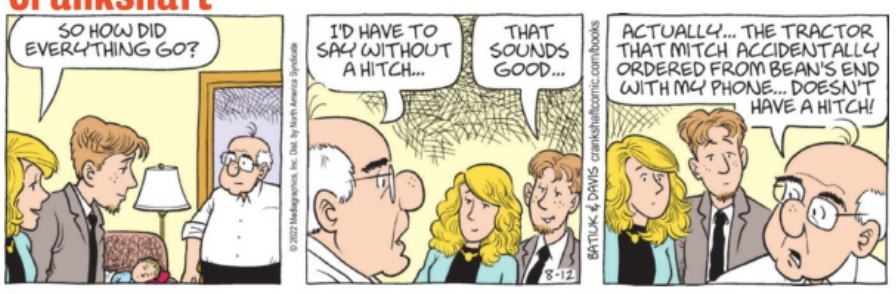
## Diamond Lil




## Hart of the city

LET'S DRIVE TO THE BASIC POST STORE NOW. WE STILL HAVE TIME.
HI, PACKAGE FOR LAMARR.
OH, SORRY. IT LOOKS LIKE IT'S AT OUR OTHER LOCATION.
BOXES!
SKRRRT!
NOOO!!
CLOSED

## Crankshaft


SO HOW DID EVERYTHING GO?
I'D HAVE TO SAY WITHOUT A HITCH...
THAT SOUNDS GOOD...
ACTUALLY... THE TRACTOR THAT MITCH ACCIDENTALLY ORDERED FROM BEAN'S END WITH MY PHONE... DOESN'T HAVE A HITCH!

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, you may be more intellectual, you may prefer gaining knowledge, you may understand the value of intellectual assets. Sometimes you may control your short tempered which may help you to perform your task smoothly. There may some chances in smooth earning, which may give you comfort in the work flow. You are advised to be careful before making new investments in assets. You are likely to spend money for love once. Lovebirds may enjoy their happy moments.

**Taurus** Apr 21 – May 20
Today, your moon will become negative, you may feel negativity around you. You may find your responsibilities as a burden. You may be in a hurry to complete the task given to you. You may make silly mistakes. Your working efficiency may be slowed down which may affect your day-to-day work. Your projects are likely to be delayed, it may affect your running projects. You are advised to take advice from your elders before taking any important decision.

**Gemini** May 21 – Jun 21
Today you will be blessed by moon, you may hear good news from your siblings. You may spend time with family and friends. With creativity, you may plan to renovate your house or office. you may start new partnerships with a family member which will be beneficial in near future. Your subordinates in the office may help you in terms of project.

**Cancer** Jun 22 – July 23
Today, you may feel negative. Tasks be incomplete, you may be a victim of mood swings, your patience may be tested many times, silly mistakes may confuse you while you complete you work. Lovebirds will find themselves to be confused in terms of feelings. More expectations may affect your emotional attachment with the spouse. You are advised to take care of your parents. Students may lose their concentration.

**Leo** Jul 24 – Aug 23
Today, a positive moon may help you. You may feel happiness and peace of mind. You may work efficiently in your professional life; your subordinates may cooperate you to take some important decisions in the business. You may plan to start some new venture with the help of your siblings and network, which may be beneficial in the growth of business. It is advised to take proper rest to maintain your enthusiasm.

**Virgo** Aug 24 – Sep 23
Today, your moon becomes negative, you may be detached towards responsibilities you have been given. You may also expend more in purchasing worthless stuff which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals, otherwise, you may be a victim of conspiracy. It is advised to read documents carefully before adding your signature.

**Libra** Sep 24 – Oct 22
Today, you will be blessed by the moon; you may enjoy your personal and professional life. You may become polite with the people around you which may help in smooth completion of your work. You may find some new sources of earnings, which may boost your savings. You may also plan for renovating your house or office.

**Scorpio** Oct 23 – Nov 22
Today, you will be blessed by a positive moon. You may enjoy work; you may get rewards after your hard work. Your social respect may increase now. Overworking of your mind may make you tired; due to workload, you may not be able to reach a family event. Chronic health issues of your parents may be cured now.

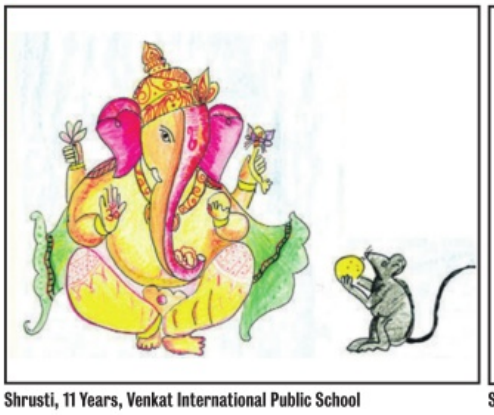
**Sagittarius** Nov 23 – Dec 22
Today, you will be blessed by the positive moon; you may be satisfied at work. You may plan for a short work-related trip. You may also visit to some religious place to maintain your inner peace. Your elders are likely to show you the right path, which may give you clarity regarding your goals.

**Capricorn** Dec 23 – Jan 20
Today your moon will be negative; you may feel dull; it is advised to keep your mind cool. It is a golden rule to think twice before acting. You may travel to recover your money, otherwise you may lose your money. You are also advised to avoid to go for an adventure tour. Students are advised to go for in-depth study to get success.

**Aquarius** Jan 21 – Feb 19
Today, you will be blessed by a positive moon; you may feel good, domestic harmony may make you happy. You may meet some influential person, who may help you to get some benefits on the work front. You are likely to perform well in your job; you may expect some rewards in terms of promotions. Disputes in inherited property are likely to settle down.

**Pisces** Feb 20 – Mar 20
Today you will be blessed by a positive moon; you may be healthy, you may be able to focus on your goals, your performance may be very good at work, your boss may be happy with you, you may get some important responsibilities at work. You may hear good news in any legal matter. You are likely to control your opponents and business rivals.

# KIDZONE



Shrusti, 11 Years, Venkat International Public School

Swara, 9 Years, Sishugruha Montessori

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**
$10^{x}=\sqrt[4]{10000}$ ; $10^{-x}=1/10^{x}$
x= −4

**BULL'S EYE**
apex, aspen, ease, EXPANSE, nape, pane, sane, snap, span

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | R | C | H | E | D | S | O | C | K | E | T | | | |
| O | R | R | E | R | Y | O | M | E | L | E | T | | | |
| A | T | S | E | A | L | S | P | T | | | | | | |
| R | O | E | S | N | E | D | O | I | S | E | | | | |
| D | I | D | I | T | O | O | N | E | N | D | | | | |
| L | D | O | L | L | O | P | S | A | | | | | | |
| K | E | Y | E | D | I | T | E | P | I | D | | | | |
| I | R | E | D | O | A | S | T | E | L | A | | | | |
| T | A | A | N | N | A | L | A | H | | | | | | |
| B | Y | R | O | T | E | L | E | T | H | A | L | | | |
| A | N | E | A | S | E | S | E | I | | | | | | |
| G | O | S | P | E | L | S | T | A | N | Z | A | | | |

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| C | O | R | P | S |
| U | V | E | A | L |
| B | O | R | N | E |
| E | L | I | T | E |
| B | I | G | O | T |

**RIDDLER**
They are all Watchmen

**QUOTE UNCODE**
Old age is the most unexpected of things that can happen to a man.

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | C | K | N | O | W | L | E | D | G | E | | | | |
| R | U | V | E | O | C | | | | | | | | | |
| S | C | O | T | I | A | R | D | O | U | R | | | | |
| A | | C | | L | I | P | | G | | E | | | | |
| N | I | G | H | T | S | T | R | E | A | T | Y | | | |
| K | | O | | U | | E | | K | | K | | | | |
| R | E | F | U | T | E | | N | E | E | R | A | J | | |
| A | | A | | T | | K | | A | | A | | | | |
| N | O | R | D | I | C | A | S | I | M | O | V | | | |
| T | | H | | R | O | W | | N | | I | | | | |
| 8 | 5 | 6 | 7 | 3 | 2 | 4 | 9 | 1 | 6 | | | | | |
| 7 | 3 | 4 | 9 | 2 | 5 | 8 | 1 | 6 | | | | | | |
| 2 | 9 | 5 | 8 | 1 | 6 | 7 | 4 | 3 | | | | | | |
| 6 | 1 | 8 | 3 | 4 | 7 | 9 | 5 | 2 | | | | | | |
| 1 | 4 | 7 | 6 | 5 | 8 | 2 | 3 | 9 | | | | | | |
| 9 | 6 | 3 | 2 | 7 | 1 | 5 | 8 | 4 | | | | | | |
| 5 | 8 | 2 | 4 | 9 | 3 | 1 | 6 | 7 | | | | | | |

T H I R D D E G R E E

**MENSA PUZZLE**
6: 36 × 2 = 72; 14 × 2 = 28 and 43 × 2 = 86

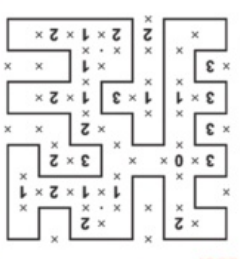
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 | 1 | 5 | 6 | 9 | 3 | 2 | 8 |
| 3 | 2 | 9 | 1 | 8 | 4 | 6 | 7 | 5 |
| 8 | 5 | 6 | 7 | 3 | 2 | 4 | 9 | 1 |
| 7 | 3 | 4 | 9 | 2 | 5 | 8 | 1 | 6 |
| 2 | 9 | 5 | 8 | 1 | 6 | 7 | 4 | 3 |
| 6 | 1 | 8 | 3 | 4 | 7 | 9 | 5 | 2 |
| 1 | 4 | 7 | 6 | 5 | 8 | 2 | 3 | 9 |
| 9 | 6 | 3 | 2 | 7 | 1 | 5 | 8 | 4 |
| 5 | 8 | 2 | 4 | 9 | 3 | 1 | 6 | 7 |

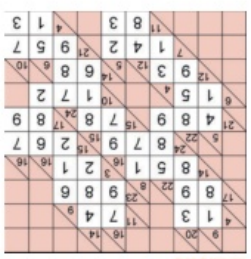
**GO FIGURE**
Easy
9 + 7 − 9 − 3 = 4
Medium
5 × 9 − 4 − 4 = 37
Hard
2 × 5 / 2 × 2 = 10

**ALPHA TRIANGLE**
V, VA, AVe, SAve, STAVe, AVesta, CAvoats.

**LOOP**



**KAKURO**



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SANDALWOOD SHOTS
Y MAHESWARA REDDY

## Hit the screen running

Daali Dhananjay is elated about the arrangements made for Head Bush that is scheduled to hit the silver screen on Friday (October 21) across the state. Satellite and OTT rights of the film have been sold for a whopping amount of Rs 22 crore to Zee network much before its release in theatres.

Dhananjay, who plays the lead role and has also bankrolled the movie, said Head Bush is different from all the movies he has acted in so far. "Its script by Agni Sridhar is very interesting. The script made it easy for me to understand the lead character (MP Jayaraj) and enter the skin of the character. Agni Sridhar sir is aware of the incidents that took place in Bengaluru in the 1980s," said Dhananjay.

Recently, a pre-release event was held in Davanagere to promote the movie. Sandalwood actress and politician Ramya attended the function as a guest. Dhananjay, Rachitha Ram, Shruthi Hariharan, Yogi alias Loose Mada and others attended the event.

Addressing the gathering, Yogi said movie buffs remember him as Loose Mada. "Now they will recognise me as Ganga rather than Loose Mada or Yogi after watching Head Bush," said Yogi.

## Daily routine on reel

Two directors – Keerthi Sekhar and Vyshak Pushpalatha – have handled the megaphone for Hosa Dinachari (New Daily Routine). At the function for the film's poster release, veteran director TS Nagabharana was the chief guest.

"Some developments happen in the Kannada film industry once in two decades. There has been a great shift in Kannada movies now when compared to the 1980s or 2000. After watching the trailer of this movie, I am confident these directors are coming out with a good film," said Nagabharana.

Keerthi Sekhar and Vyshak Pushpalatha said the movie is about the daily schedule of people. "All of us want people to love us. What happens when you do not get support from those you think are your supporters, when you are in trouble?" the directors said about the movie's plot. Keerthi and Vyshak made short films before this. "This movie has four parallel stories from four different age groups," said Keerthi Sekhar.

Hosa Dinachari is Gangadhar Salimath's second movie as a producer. Deepak Subramanya is playing the lead role in the film.

# Nargis in Hollywood

In 2015 Nargis Fakhri joined such Hollywood luminaries as Melissa McCarthy, Jason Statham, Rose Byrne, Miranda Hart, Bobby Cannavale, Allison Janney and Jude Law in Spy, a huge, fun-filled action thriller where Nargis had some impressive action scenes to perform.

How she bagged this assignment was an interesting story. Over to Nargis. "I met the director Paul Feig and his lovely wife Laurie some years before I was offered Spy. Paul and his wife are global beings and they are fans of international cinema, so he was aware of the work I have done. Then one day, over dinner he asked if I would be interested in this role. My character's name was Lia. When he explained the role and told me about Spy, I knew this was such an amazing opportunity. I loved the story and I loved his other films like Bridesmaids and The Heat. Plus I loved my character. So it was a no-brainer and I accepted."

Nargis had to train for about a week with a professional action team. "We trained about six hours a day and I went back to my room to do some of my own practice. I learned the choreographed sequences but of course on the sets things can go wrong and it did and I did get hurt. But it was worth it."

Nargis loved working with the Hollywood stars.

**Subhash K Jha, ETimes**
**PTI**

# Floored by Athiya

Athiya Shetty and KL Rahul are one of the good-looking couples we have in Bollywood. Their fans can never get enough of their social media PDAs.

Athiya recently shared some stunning photos from her latest photoshoot. Dressed like a boss lady, the actress is seen flaunting different eyewears. As soon as she shared the post, likes and comments poured in from all sides. Her beau KL Rahul, who seemed to be floored by her gorgeous pictures, dropped a red heart and fire emoji on the post. While Rhea Kapoor wrote, 'Stunn', Akansha Ranjan Kapoor commented, 'Wowowowowowowowoowow' on the post. Anusha Dandekar also went on to add, 'I'm obsessed with you.' Even fans showered love.

INTERVIEW | JANHVI KAPOOR, ACTRESS

# In her shoes

## Janhvi speaks about comparisons with mom, collaboration with dad

Janhvi Kapoor's next film Mili is just around the corner. An official remake of Malayalam film Helen, Mili is a survival thriller produced by her father Boney Kapoor. Ahead of the film's release on November 4, Janhvi gets candid with ETimes. Excerpts:

**Mili, seems to be a father-daughter story, but, it's a remake of a Malayalam film, Helen. Were there any apprehensions going into it?**
No, because logistically speaking the film wasn't dubbed and released in other languages, and I felt like it was such a good, simple story, and told so beautifully that it should reach as many people as possible. I wanted to try my hand, try to do my take on a performance like this because it's such an opportunity for an actor to push yourself this way. Ironically, I was reflecting on most of my film decisions, barring Dhadak almost all of them, almost all my characters have had a strong connect with their mother or their father. I think that organically that's what moves me when I read scripts, so I gravitate towards it.

**This is the first time you are starring in your father Boney Kapoor's production. Did you two ever discuss coming together for a film?**
He has, we have spoken about a couple of things before, but at the heart of things this is a story of a father and a daughter and I think it felt like the right decision for me and papa to collaborate on a story like this. Especially because I could see that it meant so much to him. Watching 'Helen' moved him so much that at first, when I'd actually said, maybe we shouldn't make this movie, I don't know if I should do it, he got very emotional.

**Your parents have collaborated on so many films; which was your personal favourite?**
'Mom' I guess, because I was around for the filming of it, and it was just such a thrill for me to see Mom and Dad collaborate professionally. They were on each other's team in such an empowering way for a young girl to watch. Here's a husband who is so encouraging of his wife's career, who pushes her so much, puts her on a pedestal, and here's a wife who's so supportive and encouraging. That film went through its tough phases as well, but the way they stuck by it, the way they stuck by each other, the process taught me so much about the kind of relationship I would want with my husband and my family. Their professional partnership was so cool that they created something together as a couple and it meant so much to both.

**At the trailer launch your father said, stop comparing Janhvi to Sridevi, what's your take on that?**
I honestly don't have any major problem with it, because logically you are going to compare her 200th film, to my 4th film, but that's fine by me. You are going to compare me to someone or the other. I am flattered that the standards that you are holding me up to are the standards of the greatest, most iconic actor of Indian cinema. If you are comparing me to that, then at least I will come close, so its motivating.

**— Piya Hingorani, ETimes**